

EMDRIA CIT REQUIREMENTS 2024

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I am happy to support your professional growth as you work towards the EMDRIA Approved Consultant credential. Please know this is a collaborative process and we will work closely to ensure you get all you need to become an EMDRIA Approved Consultant.

To start, please go to the EMDRIA website and see if you qualify and apply <https://www.emdria.org/page/>

For my part of your certification letter, you need 20 hours of consultation beyond your 30 hours of Basic Training and EMDRIA EMDR Certified Therapist consultation. Here are some things to keep in mind as you begin:

1. I am an EMDRIA Approved Consultant. I use Simple Practice for my notes and your consultations. If you do not already have a portal, I will send you a link to where you will find both the individual and group consultation agreements. Please sign the individual and group consultation agreements in your Simple Practice Portal before you start your consultant-in-training process.
2. Please complete the **CIT Declaration Form**. Please let EMDRIA know I will be your EMDRIA Approved Consultant who will be helping you obtain your Approved Consultant status.
3. We will work together on your 20 consultation-of-consultation hours. Consultation-of-consultation is a collaborative relationship. My role is to provide feedback and guidance focusing on cultivating your skills and ability to provide consultation to other clinicians. There are times when a CIT may need additional hours and we will discuss this as we are working together.
4. We will start with planning out your CIT process. The plan will include:
 - a. Identifying EMDR therapists who are ready to achieve EMDRIA Certified therapist status. Together, you will develop the skills to bring at least one EMDR therapist through EMDRIA certification.

The fee for my live observation of your certification consultation is my hourly rate of \$175 per hour.

- b. Identify a group of EMDR therapists who are seeking post-basic training consultation. I will observe your consultations with the focus of helping participants acquire the skills necessary to integrate EMDR into their psychotherapy practice. The fee for my live observations of your EMDR group consultation is my hourly rate of \$175 per hour.
- c. In our consultation-of-consultation time together, you will be observed live via ZOOM and I will provide feedback to help you cultivate the skills necessary to prepare you for dealing with the nuances of trauma that your consultees will need to provide comprehensive EMDR treatment
- d. As a CIT, you will work with at least five consultees, who have already completed the EMDR basic training.
- e. Although not a requirement, I strongly recommend that you refresh the basic training course at least once during our time together at the training institute where you were originally trained. I also suggest you attend an EMDRIA conference or EMDRIA Summit for education, professional growth, and networking.
- f. You are required to document your consultation hours. The documentation should include the total number of consultation hours you provided, how many hours were individual consultations, and (if applicable) how many were group consultations, including the start and end date indicating when these consultation hours occurred.
- g. As a CIT, you're also expected to make an evaluative statement about your consultee's use of standard EMDR therapy with clients and awareness of situations in which modifications to standard EMDR therapy are necessary and recommend them for certification. I suggest you have every consultee complete the EMDR Personal Development Plan (Farrel 2024) and EMDR Therapy Personal Development Plan (Farrel, 2024)
- h. You will be required to attend 4 CIT group consultations led by me. This will be useful for working with other CITs who can

provide mutual support to you as well as you offer support. The group cost for a 2-hour group is \$150 for each participant

- i. You will be required to develop your professional plan as well as self evaluate your skills. Together we will work towards skill development via live ZOOM consultation and remedial study as needed.
- j. I have recently started testing simulations. When your certification consultee is ready for their 5 hours with me, you and I will set up simulations so the consultee will demonstrate proficiency in the 8 phases as you play the client role.
- k. Professional goals: In our time together, we will address your long-term professional goals as an EMDRIA Approved Consultant with your niche.